

# Behaviorism, social learning and cognitive reaction paper

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Social Learning and Personality Albert Bandura asserted that personality is affected by three aspects. His “ Social Learning Theory” specified that the environment, an individual’s behaviour as well as his distinct psychological processes determine personality. He termed this as “ triadic reciprocal causation”. It makes sense that a collaboration of many factors defines a person. It would be drivel to proclaim that merely one or two elements determine what makes someone unique. Hence, this paper asserts that social learning’s triadic reciprocal causation applies to how personality is shaped.

The causation can explain complicated events as well as mundane situations. For instance, a mother shouted because she was shocked when she suddenly felt that a cockroach was creeping up her leg. As a result, her sleeping baby got startled by the loud sound and eventually cried. This then made the mother guilty and worried as she rushed to hush her child back to sleep. In the situation, the mother had the characteristics of anxiety as propelled by the stimulus which is the creeping insect. As compared to others, she has the probability to shout more quickly and louder because of her genes and her history. It is possible that she had some unfavourable experiences regarding insects. Moreover, the sensation of the cockroach going up her leg rapidly gave her the realization that she was in an alarming state. After being affected by the environment, she too affected her surroundings, particularly her infant.

The aforementioned example indicates that cognitive, affective, and physical characteristics work with nurture’s components. These in turn are affected and influence behaviour. Thus, this theory does not solely place

responsibility on a person's genes or his peers. Ultimately, social learning theory contend that personality is dynamic, inherited, and learned since it emphasizes the interconnectedness of a person's choices and his attributes to what and who is around him.